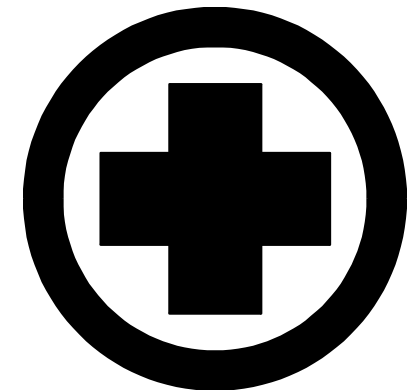


***If you have just been  
injured on the job...***



***There are a few very important  
things you need to know.***

**Emergency phone numbers:**

Newport News Fire and Rescue:	911 (or 9-911)
JLab Medical Services:	269-7539
Nurses' pager:	584-7539
On-site emergency response:	269-4444

***Please take one of these pamphlets  
and read it.***

08/20/02

*If you are injured or become acutely ill at work, there are some things you need to know. **Call 911 right away if this is a serious injury or illness.***

*Is this during JLab's normal business hours?*

(8:00 AM to 5:00 PM)

♦ If so, **call or go to JLab Medical Services (269-7539)**. The nurse will provide first aid and determine if you need additional care. She will come to your location if you are unable to get to the clinic.

♦ **If the number is busy, page the nurse (875-3363)** and enter the number of your phone. Stay at the phone; the nurse will call back promptly.

*Is this outside of normal working hours?*

♦ Go to the nearest emergency medical facility. Tell them that you work at JLab, and this is work related. JLab's designated physician referral panel is listed in this pamphlet. Use one of them during their open hours.

♦ **Do not go to your personal physician.** It is very likely you will have to pay the bills if you do.

♦ As soon as you are able, contact Medical Services.

No matter what time of the day, **if this is a serious injury** (profuse bleeding, electrical shock, head injury, loss of consciousness, etc.), **call 911 right away!** Then call Medical Services. Call 4444 to alert our on-site emergency response actions.

As soon as possible, notify your supervisor of your situation.

### ***JLab's Physician Referral Panel***

**Warren P. Weixler, M.D.**  
Family Care of Denbigh  
12652 Jefferson Ave. Suite A  
Newport News, VA 23606  
874-8822

**Palmer W. Lowery, M.D.**  
Sentara Center  
747 J. Clyde Morris Blvd.  
Newport News, VA 23601  
599-6117

**MIH Med Care**  
101 York Crossing Road  
Grafton, VA 23692  
886-6060

### ***Nearest Emergency Rooms***

**Port Warwick Medical Arts  
Sentara Emergency Center**  
11803 Jefferson Ave  
Newport News, VA 23606  
594-1920

**Open 7 a.m.-10 p.m.**

**Mary Immaculate Hospital (MIH)  
Emergency Room**  
2 Bernardine Dr.  
Newport News, VA  
886-6000

Virginia Emergency Physicians  
**Riverside Hospital Emergency Room**  
500 J. Clyde Morris Blvd.  
Newport News, VA 23601  
594-3080

Be aware that only MIH Med Care, MIH Emergency Room and Riverside Emergency Room are always open in the evenings and weekends. Other providers may or may not; call first.

See the map on the reverse side for the nearest locations.

These physicians and treatment facilities understand how to manage occupational

injury cases to maximize your recovery, and how to coordinate insurance coverage.

**➔ Important! ➔**

***Your claim may be denied by the insurance carrier if you fail to use proper procedures – including reporting the injury promptly.***

**If you are a JLab staff member, when you return to work after a physician referral...**

1. Check in with Medical Services. If the treating physician gave you a return-to-work note or similar paperwork, show it to the nurse.
2. The nurse will coordinate any work restrictions with your supervisor. This protects you from aggravating your injury or delaying your recuperation.
3. Comply with any activity limitations the physician may have stated – at home and at work.
4. Check back with the JLab nurse as scheduled and after any follow-up visit to the off-site physician or other treatment facility.
5. Call Medical Services if you have any problems: with your injury, with treatment, or if you receive bills for your treatment.

The information in this pamphlet is taken from the **JLab EH&S Manual**, chapters **6810** ("Medical Emergencies"), and **6820** ("Medical Management of Occupational Injuries and Illnesses"). Please refer to these for additional information, or call Medical Services at 7539.